

A background image showing a person's leg and foot on a treadmill, with a weight bar in the foreground. The image is faded to serve as a backdrop for the text.

WEIGHT LOSS *Planner*

WEIGHT LOSS JOURNAL

**WHAT IS MY
IDEAL WEIGHT?**

**WHAT ACTIVITIES &
EXERCISES WILL I
DO TO GET MYSELF
INTO SHAPE?**

**WHAT HEALTHY
FOODS DO I NEED TO
INCORPORATE INTO
MY DIET?**

**WHAT JUNK FOODS
DO I NEED TO
ELIMINATE FROM
MY DIET?**

**WHO WILL I CALL TO
SUPPORT ME AND
KEEP ME
ACCOUNTABLE?**

WEIGHT LOSS ANNUAL

YEAR : _____

	Start	End	Gain	Loss	NOTES	
JANUARY	WK 1	_____	_____	☐		☐
	WK 2	_____	_____	☐		☐
	WK 3	_____	_____	☐		☐
	WK 4	_____	_____	☐		☐

	Start	End	Gain	Loss	NOTES	
FEBRUARY	WK 1	_____	_____	☐		☐
	WK 2	_____	_____	☐		☐
	WK 3	_____	_____	☐		☐
	WK 4	_____	_____	☐		☐

	Start	End	Gain	Loss	NOTES	
MARCH	WK 1	_____	_____	☐		☐
	WK 2	_____	_____	☐		☐
	WK 3	_____	_____	☐		☐
	WK 4	_____	_____	☐		☐

	Start	End	Gain	Loss	NOTES	
APRIL	WK 1	_____	_____	☐		☐
	WK 2	_____	_____	☐		☐
	WK 3	_____	_____	☐		☐
	WK 4	_____	_____	☐		☐

WEIGHT LOSS ANNUAL

YEAR : _____

	Start	End	Gain	Loss	NOTES	
MAY	WK 1	_____	_____	☐		☐
	WK 2	_____	_____	☐		☐
	WK 3	_____	_____	☐		☐
	WK 4	_____	_____	☐		☐

	Start	End	Gain	Loss	NOTES	
JUNE	WK 1	_____	_____	☐		☐
	WK 2	_____	_____	☐		☐
	WK 3	_____	_____	☐		☐
	WK 4	_____	_____	☐		☐

	Start	End	Gain	Loss	NOTES	
JULY	WK 1	_____	_____	☐		☐
	WK 2	_____	_____	☐		☐
	WK 3	_____	_____	☐		☐
	WK 4	_____	_____	☐		☐

	Start	End	Gain	Loss	NOTES	
AUGUST	WK 1	_____	_____	☐		☐
	WK 2	_____	_____	☐		☐
	WK 3	_____	_____	☐		☐
	WK 4	_____	_____	☐		☐

WEIGHT LOSS ANNUAL

YEAR :

	Start	End	Gain	Loss	NOTES
SEPTEMBER	WK 1		☐	☐	
	WK 2		☐	☐	
	WK 3		☐	☐	
	WK 4		☐	☐	

	Start	End	Gain	Loss	NOTES
OCTOBER	WK 1		☐	☐	
	WK 2		☐	☐	
	WK 3		☐	☐	
	WK 4		☐	☐	

	Start	End	Gain	Loss	NOTES
NOVEMBER	WK 1		☐	☐	
	WK 2		☐	☐	
	WK 3		☐	☐	
	WK 4		☐	☐	

	Start	End	Gain	Loss	NOTES
DECEMBER	WK 1		☐	☐	
	WK 2		☐	☐	
	WK 3		☐	☐	
	WK 4		☐	☐	

DIET LOG

DATE: _____

CALORIES	CARBS (g)	SUGAR (g)	PROTEIN (g)	FAT (g)

INTERMITTENT FASTING

MONTH: _____

MONDAY																								
GOAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
ACTUAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11

TUESDAY																								
GOAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
ACTUAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11

WEDNESDAY																								
GOAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
ACTUAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11

THURSDAY																								
GOAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
ACTUAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11

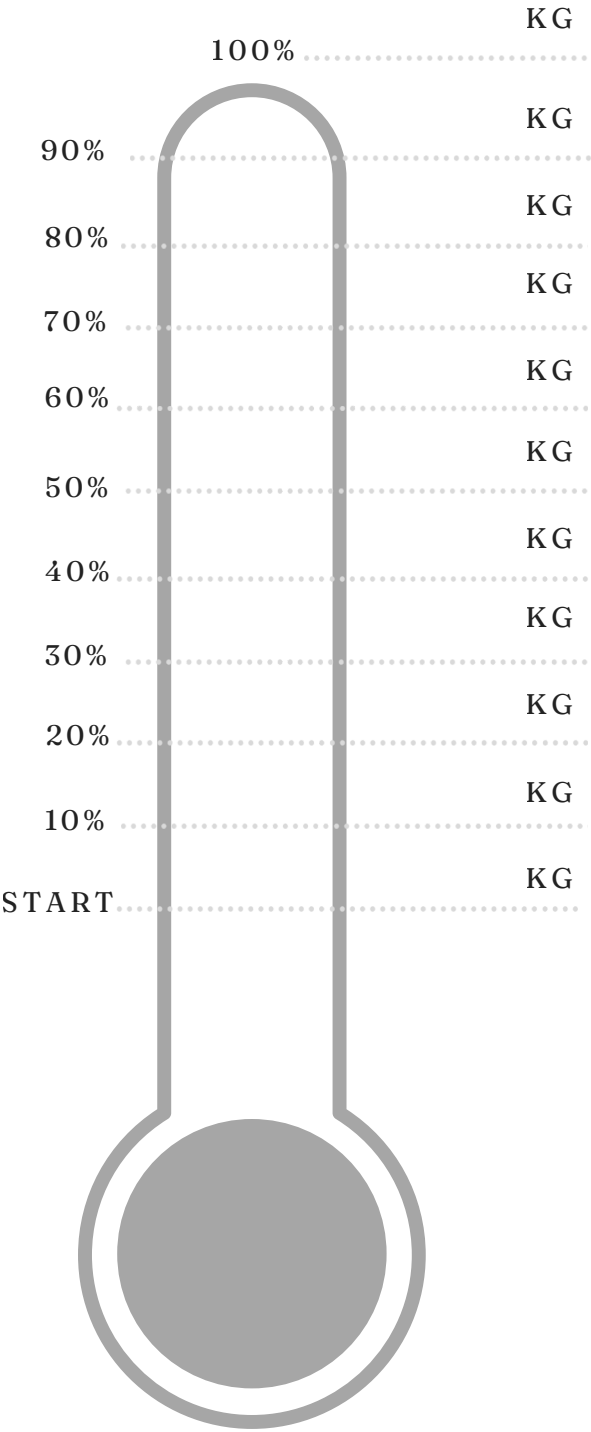
FRIDAY																								
GOAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
ACTUAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11

SATURDAY																								
GOAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
ACTUAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11

SUNDAY																								
GOAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
ACTUAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11

WEIGHT LOSS GOAL

Notes:



WEIGHT LOSS GOALS

Start Date:	Target Date:
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Goal: _____ _____ _____ _____	Why: _____ _____ _____ _____
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Measurements:

	Weight	Neck	Chest	Waist	Hips	Thighs	Bust	Biceps
Start								
After								

Actions to Achieve Goal:

[illegible]

Rewards:

[illegible]

BEFORE & AFTER

TOP
GOAL _____

BEFORE
DATE _____

AFTER
DATE _____

MEASUREMENTS

CHEST		CHEST	
WAIST		WAIST	
HIP		HIP	
ARMS		ARMS	
THIGHS		THIGHS	

NUMBERS

WEIGHT	WEIGHT
BMI	BMI
BODY FAT	BODY FAT
MUSCLE	MUSCLE
MOTIVATION	NEXT STEPS

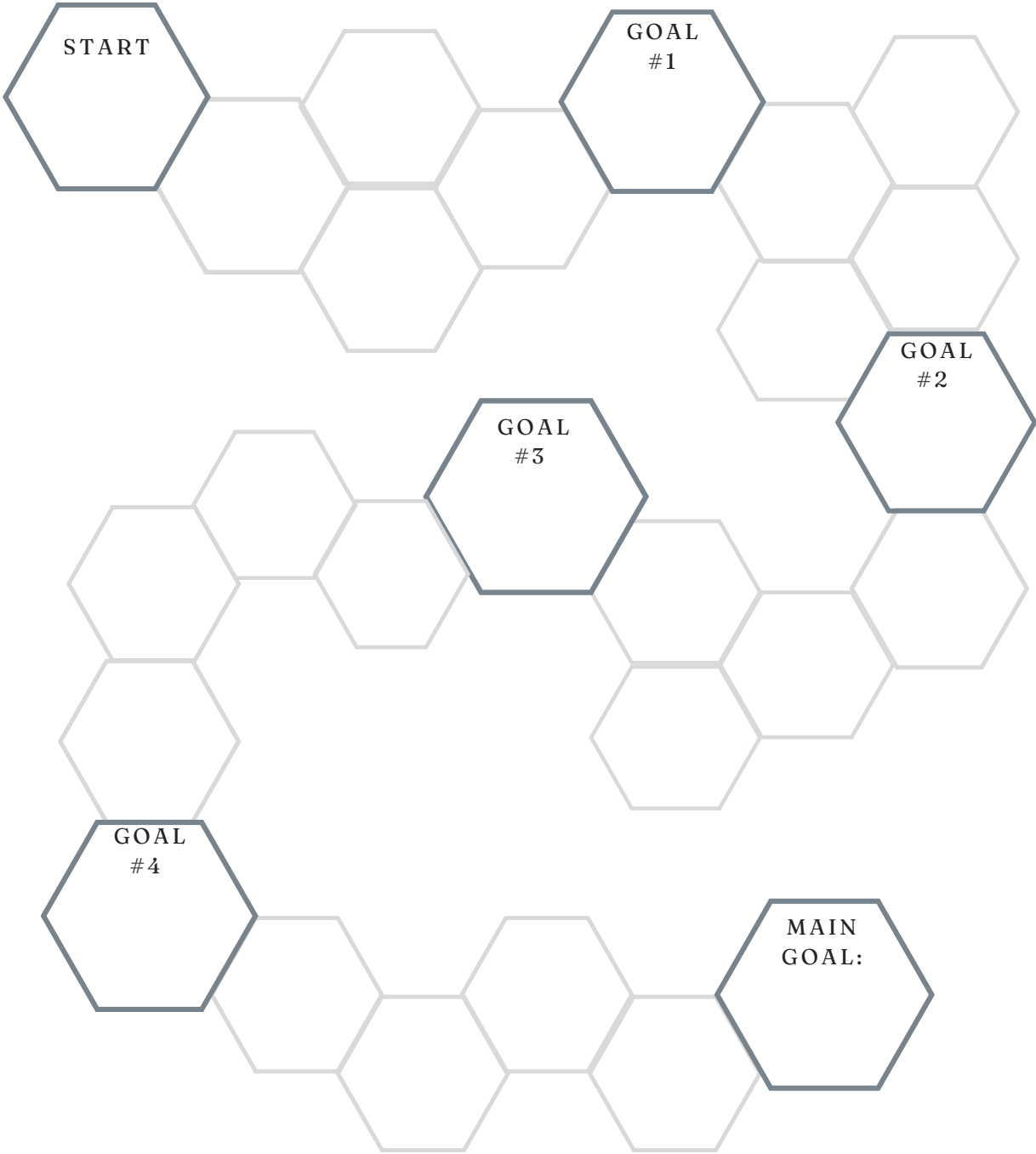
BEFORE & AFTER

START DATE:	FINISH DATE:
BEFORE:	AFTER:

BEFORE		AFTER	
NECK		NECK	
BICEP L		BICEP L	
BICEP R		BICEP R	
CHEST		CHEST	
WAIST		WAIST	
HIPS		HIPS	
TIGHT L		TIGHT L	
TIGHT R		TIGHT R	
WEIGHT		WEIGHT	

WEIGHT LOSS TRACKER

MONTH _____



GOALS	#1	REWARDS	
	#2		
	#3		
	#4		
	MAIN:		

MEASUREMENT TRACKER

	Weight	Neck	Chest	Waist	Hips	Thighs	Bust	Biceps
January								
February								
March								
April								
May								
June								
July								
August								
September								
October								
November								
December								

Notes

MEASUREMENT TRACKER

DATE: _____

GOAL	
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	PROGRESS							
	Week 01	Week 02	Week 03	Week 04	Week 05	Week 06	Week 07	Week 08
WEIGHT								
NECK								
CHEST								
ARMS								
WAIST								
HIPS								
THIGHS								
CALF								

NOTES	
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HEALTHY RECIPE

Name:

Prep Time:

Cooking Time:

Servings:

Ingredients

Rating:



Instructions

RECIPE PLANNER

Category:

Prep Time:

Cook Time:

Total Time:

Servings:

Difficulty:

☐☐☐☐☐

Source:

Total Needed:

Prep Ahead:

Notes:

Name:

Ingredients:

Directions:

FAVOURITE RECIPES

Date:

Recipe Name	Difficulty	Raiting
	1 2 3 4 5	    
	1 2 3 4 5	    
	1 2 3 4 5	    
	1 2 3 4 5	    
	1 2 3 4 5	    
	1 2 3 4 5	    
	1 2 3 4 5	    
	1 2 3 4 5	    
	1 2 3 4 5	    
	1 2 3 4 5	    
	1 2 3 4 5	    
	1 2 3 4 5	    
	1 2 3 4 5	    

MEAL PLANNER

WEEK _____

Day	Breakfast	Lunch	Dinner	Dessert
M				
T				
W				
T				
F				
S				
S				

Cheeky Treats & Snacks:

CALORIE JOURNAL

START DATE: _____

[illegible]

CALORIE TRACKER

DAILY CALORIE INTAKE

[illegible]

GROCERIES LIST

MONTH:

WEEK:

[illegible][illegible][illegible][illegible][illegible][illegible]

FOOD LIST

[illegible]

30 DAYS CHALLENGE

01	02	03	04	05
06	07	08	09	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

WORKOUT LOG

	Activity	Time	Distance	Sets	Reps	Weight
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

EXERCISE LOG

DATE:

[illegible]

STEPS TRACKER

DATE:

[illegible]

MONTHLY PROGRESS BAR

[illegible]

HABIT TRACKER

MONTH _____

HABIT:						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

HABIT:						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

HABIT:						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

HABIT:						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

HABIT:						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

HABIT:						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

SLEEP TRACKER

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
	TOTAL											
1	8	9	10	11	12	13	14	15	16	17	18	
2	8	9	10	11	12	13	14	15	16	17	18	
3	8	9	10	11	12	13	14	15	16	17	18	
4	8	9	10	11	12	13	14	15	16	17	18	
5	8	9	10	11	12	13	14	15	16	17	18	
6	8	9	10	11	12	13	14	15	16	17	18	
7	8	9	10	11	12	13	14	15	16	17	18	
8	8	9	10	11	12	13	14	15	16	17	18	
9	8	9	10	11	12	13	14	15	16	17	18	
10	8	9	10	11	12	13	14	15	16	17	18	
11	8	9	10	11	12	13	14	15	16	17	18	
12	8	9	10	11	12	13	14	15	16	17	18	
13	8	9	10	11	12	13	14	15	16	17	18	
14	8	9	10	11	12	13	14	15	16	17	18	
15	8	9	10	11	12	13	14	15	16	17	18	
16	8	9	10	11	12	13	14	15	16	17	18	
17	8	9	10	11	12	13	14	15	16	17	18	
18	8	9	10	11	12	13	14	15	16	17	18	
19	8	9	10	11	12	13	14	15	16	17	18	
20	8	9	10	11	12	13	14	15	16	17	18	
21	8	9	10	11	12	13	14	15	16	17	18	
22	8	9	10	11	12	13	14	15	16	17	18	
23	8	9	10	11	12	13	14	15	16	17	18	
24	8	9	10	11	12	13	14	15	16	17	18	
25	8	9	10	11	12	13	14	15	16	17	18	
26	8	9	10	11	12	13	14	15	16	17	18	
27	8	9	10	11	12	13	14	15	16	17	18	
28	8	9	10	11	12	13	14	15	16	17	18	
29	8	9	10	11	12	13	14	15	16	17	18	
30	8	9	10	11	12	13	14	15	16	17	18	
31	8	9	10	11	12	13	14	15	16	17	18	

PERIOD TRACKER

MONTH

KEY: ☐ HEAVY ☐ NORMAL ☐ LIGHT ☐ SPOTTING

JANUARY

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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FEBRUARY

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MARCH

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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APRIL

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MAY

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JUNE

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JULY

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AUGUST

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SEPTEMBER

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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OCTOBER

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NOVEMBER

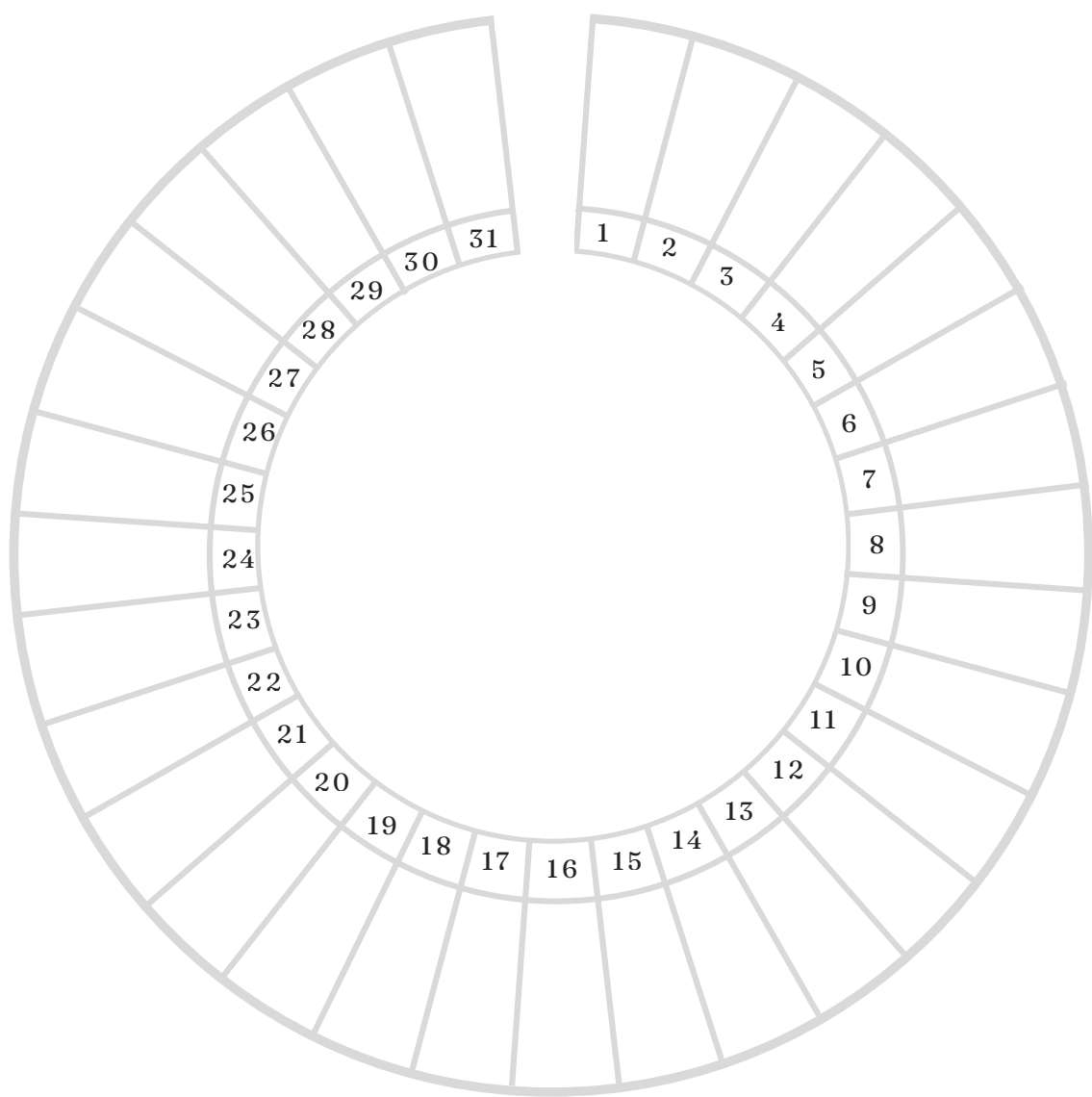
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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DECEMBER

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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MOOD TRACKER

MONTH _____



NEUTRAL	TIRED	STRESSED	
GRUMPY	SICK	SAD	
RELAXED	HAPPY	ANGRY	

